

Dietary Risk Assessment (DRA)

What foods do I eat?

All of us could probably eat a little better than we do. Take a good honest look at how you eat now. Then you can work on some positive changes to improve your health! The next few pages ask you about how you usually eat. Your answers will help identify healthy eating habits and habits that you may wish to change.

What are the questions about?

The questions are about foods that many people eat. Most questions ask you how many servings of food you eat, either in an average (or “usual”) DAY or an average WEEK. Some questions ask how you prepare your food or ask about things that make it hard to eat healthy foods.

What is a “serving”?

We tell you what a serving is for each type of food. (See *Be Serving Size Wise* chart at the beginning of this notebook for other ways to figure out serving size.) But don't worry too much about exact amounts—just use common sense.



How do I answer the questions?

For each question, mark only **one** box beside the number or word that best answers the question **for you**. Try to choose the answer that best describes what you **usually** do. Note: The order of the response choices (from low numbers to high numbers or high numbers to low numbers) varies from question to question. **Please pay careful attention when marking your choice.**



Vegetables & Fruits



On an average DAY, how many servings of VEGETABLES do you eat?

(A serving is 1/2 cup cooked vegetables or 1 cup green leafy vegetables.)

<p>1. Dark-green or orange vegetables like collard greens, broccoli, tossed salads made with dark-green leafy lettuces, sweet potatoes, butternut squash, or carrots</p>	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<p>goals ↓</p>
<p>2. Starchy vegetables like corn, green peas, lima beans, or white potatoes</p>	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	
<p>3. Other vegetables like okra, zucchini, turnips, onions, cabbage, green beans, or tomatoes (including tomato sauce)</p>	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	

On an average DAY, how many servings of FRUIT do you eat, not including fruit juice?

(A serving is one small piece of fruit, 1/2 cup cut-up fresh or canned fruit, or 1/4 cup dried fruit.)

<p>4. Fresh, canned, or frozen fruit in unsweetened juice, or dried fruit like raisins</p>	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	<p>goals ↓</p>
<p>5. Do you eat fruit canned in syrup?</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	

See Vegetable and Fruit Tips, page A-11.

score



Breads, Grains, & Cereals

On an average DAY, how many servings of BREAD do you eat?

(A serving is 1 slice of bread, 1 small tortilla, or 1 roll.)

1a.	Bread, rolls, or tortillas (wheat or corn) made with whole grain (label will list "whole grain" or "whole wheat flour" first)	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	goals ↓
b.	Bread, rolls, or tortillas made all or mostly with white flour (label will usually list "enriched wheat flour" or "wheat flour" first)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	

Now, think about things you eat every week. In an average WEEK, how many servings of GRAINS or CEREALS do you eat?

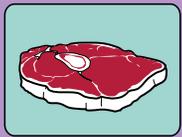
(A serving is 1/2 cup of rice, pasta, or oatmeal; 1 biscuit; or one 2" square slice of cornbread. Serving sizes for cereals are usually between 1/2 cup and 1 cup, depending on the cereal.)

2a.	Brown rice, whole grain pasta, or other whole grains, like barley	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0	goals ↓
b.	White rice or regular pasta, like noodles, spaghetti, or macaroni	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	
3a.	Cold or hot whole grain cereals, like bran flakes or oatmeal	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0	
b.	Regular cold or hot cereals, like sugar frosted flakes, cocoa cereals, grits, or cream of wheat	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	
4.	Biscuits (including canned) or cornbread	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	

See Bread, Grain and Cereal Tips, page A-13.

score

Red Meat



In an average WEEK, how many servings of BREAKFAST and LUNCH MEATS do you eat?

(A breakfast serving is 2 strips of bacon or 2 sausage patties or 2 sausage links. For lunch meats, a serving is 2 slices of bologna or other lunch meats, or 1 hot dog.)

1. Bacon or sausage	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	goals ↓
2. Hot dogs or lunch meats like bologna, salami, or Spam	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	

In an average WEEK, how many times do you eat RED MEAT? This means cuts like roasts, steaks, stew meat, ribs, chops, BBQ, or ham; or hamburger, either alone or in dishes like meatloaf and spaghetti sauce.

(A serving is 3 ounces—about the size of a deck of cards.)

3a. Red meat	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+	goals ↓
b. Is the fat usually trimmed or drained ?	<input type="checkbox"/> Yes, or do not eat red meat	<input type="checkbox"/> Sometimes	<input type="checkbox"/> No	
c. Is your portion smaller, the same as, or larger than a deck of cards?	<input type="checkbox"/> Smaller, or do not eat red meat	<input type="checkbox"/> The same	<input type="checkbox"/> Larger	
4. What type of ground beef do you usually eat?	<input type="checkbox"/> Extra lean ground beef or sirloin (10% or less fat) or no ground beef	<input type="checkbox"/> Lean ground beef or ground round (11%-19% fat)	<input type="checkbox"/> Ground beef or chuck (20%+ fat)	

See Red Meat Tips, page A-14.

score



Poultry & Fish

In an average WEEK, how many servings of CHICKEN or TURKEY do you eat?
(A serving is 3 ounces—about the size of a deck of cards.)

1. Chicken or turkey, including ground or sliced	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	goals
---	-----------------------------	----------------------------	------------------------------	--------------

In an average WEEK, how many servings of FISH or SHELLFISH do you eat?
(A serving is 3 ounces—about the size of a deck of cards.)

2a. Fish with higher amounts of healthy fats , like canned light tuna, sardines, herring, salmon, or lake trout (including fresh, frozen, or canned)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	goals ↓
b. Other fish (like catfish or whitefish) or shellfish (like shrimp)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	

See Poultry and Fish Tips, page A-15.

score



Beans & Nuts

In an average WEEK, how many servings of dried or canned BEANS or PEAS do you eat?
(A serving is 1/2 cup cooked beans.)

1. Beans or peas like pinto beans, kidney beans, lentils, or black-eyed peas	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0	goals
---	-----------------------------	------------------------------	----------------------------	--------------

In an average WEEK, how many servings of NUTS do you eat?
(A serving of nuts is 1 ounce or a small handful (1/4 cup). For peanut butter or other nut butters, a serving is 2 tablespoons.)

2. Peanut or other nut butters or whole plain nuts (like peanuts, almonds, pecans)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	goals
---	-----------------------------	----------------------------	------------------------------	--------------

See Bean and Nut Tips, page A-15.

score

Milk & Dairy Foods



Now, think about what you eat every day. On an average DAY, how many servings of these foods do you drink or eat, including on cereal?

(A serving of milk or yogurt is 1 cup (8 ounces); a serving of heavy cream or half & half is 1 tablespoon.)

1a. Whole milk, regular sweet milk, or whole milk yogurt	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. 2%, 1%, 1/2% or skim (nonfat) milk, buttermilk, low-fat/nonfat yogurt, or soy milk	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
c. Heavy cream or half & half (for example, in coffee)	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	

On an average DAY, how many servings of CHEESE do you eat (either plain or in foods like sandwiches, pizzas, or casseroles)?

(A serving of hard cheese is 1 ounce (1/3 cup grated or 1 slice processed cheese); cottage cheese is 1/2 cup; ricotta cheese is 1/4 cup; cream cheese is 2 tablespoons.)

2a. Hard cheeses (like cheddar, swiss, or jack) or cream cheese	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. Mozzarella, cottage cheese or light cream cheese	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	

See Milk and Dairy Food Tips, page A-16.

score



Toppings, Oils, Seasonings, & Salt

Now, let's go back to weeks. In an average WEEK, how many servings of SOUR CREAM or WHIPPED TOPPINGS do you eat?

(A serving is 2 tablespoons.)

1. Sour cream or whipped toppings	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	goals
--	----------------------------	------------------------------	-----------------------------	--------------

How many times a WEEK do you eat GRAVY or meat drippings?

2. Gravy or meat drippings	<input type="checkbox"/> Hardly ever or never	<input type="checkbox"/> Once a week	<input type="checkbox"/> Two or more times a week	goals
-----------------------------------	---	--------------------------------------	---	--------------

What BUTTER or MARGARINE do you usually use?

3. Butter or margarine	<input type="checkbox"/> Trans-fat-free margarine spread or no butter or margarine	<input type="checkbox"/> Regular tub margarine	<input type="checkbox"/> Butter or stick margarine	goals
-------------------------------	--	--	--	--------------

What kind of OIL or SEASONING do you usually use at home:

4. For frying	<input type="checkbox"/> Vegetable oil or trans-fat-free margarine spread or do not fry	<input type="checkbox"/> Regular tub margarine	<input type="checkbox"/> Meat fat, vegetable shortening, butter, or stick margarine	goals ↓
5. For baking	<input type="checkbox"/> Vegetable oil or trans-fat-free margarine spread or do not bake	<input type="checkbox"/> Regular tub margarine	<input type="checkbox"/> Lard, vegetable shortening, butter, or stick margarine	
6. For vegetables such as greens or potatoes	<input type="checkbox"/> Vegetable oil, trans-fat-free margarine, vinegar or lemon juice, low sodium bouillon, herbs, spices, dash of salt and pepper, or nothing	<input type="checkbox"/> Regular tub margarine or lean ham	<input type="checkbox"/> Fatback, bacon, side meat, butter, or stick margarine	

When you buy foods like canned soups or beans, bottled salad dressings, or crackers, do you usually get products that are LOW-SODIUM or have NO ADDED SALT?

7a. Buy low-sodium or no added salt foods	<input type="checkbox"/> All or most of the time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely/never	goals ↓
b. How often do you use the salt shaker at the table?	<input type="checkbox"/> Rarely/never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> All or most of the time	

See Topping, Oil, Seasoning, and Salt Tips, page A-17.

score

Sweets, Snacks, & Restaurant Foods



In an average WEEK, how many servings of non-frozen SWEETS do you eat?
 (A serving is 1 doughnut, 1 sweet roll, 1 small slice of cake or pie, 4 small cookies, or 1 regular candy bar.)

1. Doughnuts, sweet rolls, pies, cakes, cookies, candy bars, chocolate, or other sweets	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	goals
--	------------------------------	------------------------------	-----------------------------	--------------

In an average WEEK, how many servings of FROZEN DESSERTS do you eat?
 (A serving is 1/2 cup ice cream, sherbet, or frozen yogurt.)

2a. Regular ice cream	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. Ice milk, sherbet, or frozen yogurt	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	

In an average WEEK, how many servings of processed SNACK FOODS do you eat?
 (A serving is a small handful.)

3a. Snack chips (like potato chips, corn chips, tortilla chips, or cheese puffs), crackers (like "Nabs" or other butter crackers), or pretzels	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	goals ↓
b. Do you try to buy snack products that have no trans fat ?	<input type="checkbox"/> All or most of the time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely/never	

How many times a WEEK do you eat out at RESTAURANTS or eat restaurant CARRY-OUT at home? Include food from fast-food restaurants.

4a. Restaurant meals	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	goals ↓
b. How many times a week do you eat deep-fried or fried foods (like hush puppies, french fries, or chicken nuggets) at restaurants?	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	

See Sweets, Snacks, and Restaurant Food Tips, page A-19.

score



Beverages

On an average DAY, how many 8-oz servings of sugar-sweetened beverages do you have with meals or in between meals?

(A beverage serving is 8 ounces. A canned drink is usually 1 1/2 servings (12 ounces). A bottled or medium-size drink is often more than 2 servings.)

1a. Regular non-diet sodas like Coke™, Pepsi™, or Sprite™	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. Bottled fruit drinks (like Snapple™, lemonade, or fruitade), sports or energy drinks	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	
c. Kool-Aid™ or iced tea sweetened with sugar	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	
d. Hot tea or coffee drinks sweetened with sugar	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	

On an average DAY, how many 8-oz servings of 100% fruit juice, like orange, apple, grapefruit, or grape juice, do you have?

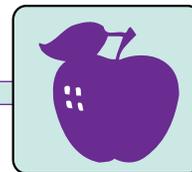
2. Fruit juices	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	goals
------------------------	------------------------------	----------------------------	-----------------------------	--------------

See Beverage Tips, page A-20.

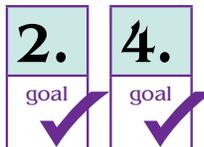
score

Healthy Eating Tip Sheets

Vegetable and Fruit Tips



Check the goals you want to work on for the next contact.



1.

goal

Eat more dark green and orange vegetables.

- ❖ Make your plate colorful! Enjoy lots of dark-green and orange vegetables:
 - Collards, mustard or turnip greens, kale, broccoli
 - Tossed salads with spinach, romaine, or other dark-green leafy lettuces
 - Sweet potatoes, butternut or acorn squash, carrots
- ❖ Dark green and orange vegetables are rich in potassium (see *Good Sources of Potassium*, page B-4.)
- ❖ A serving may not be as large as you think. A serving of cooked carrots or broccoli is just 1/2 cup (about the same as one cupped hand).
- ❖ To keep costs down:
 - Buy fresh vegetables in season (look for a farmer's market).
 - Buy seasonal vegetables in bulk and freeze some for later.
 - Grow your own.
- ❖ Use onions, garlic, vinegar, herbs, and spices to season and add flavor to fresh greens and other vegetables. (See "Fresh Greens, Southern Style" and other healthy ways of preparing vegetables on pages 43–55 of the *New Leaf* cookbook.)
- ❖ Make your own oil and vinegar dressing for green salads (see cookbook, page 103). Avoid bottled dressings with a lot of salt and high fructose corn syrup (sugar) (see *Read the Label!*, page B-17.)
- ❖ Use broccoli, carrots, or squash in place of white rice or pasta in your favorite soup or casserole.



2.

goal

Go easy on starchy vegetables.

- ❖ Eat fewer starchy vegetables like corn, white potatoes, green peas, and lima beans, which are healthy but higher in carbohydrates.
- ❖ Choose colorful vegetables! Bake a vegetable dish with sliced potatoes, carrots, and green beans drizzled with vegetable oil and herbs or other low-salt seasonings (see cookbook, pages 43–55).
- ❖ Eat potatoes baked or boiled—or fry them in about a tablespoon of vegetable oil. Season potatoes with onions and green peppers instead of bacon grease, or try the recipe on page 43 in our cookbook for oven fries that taste just like French fries.

3.

goal

Add variety to meals with vegetables.

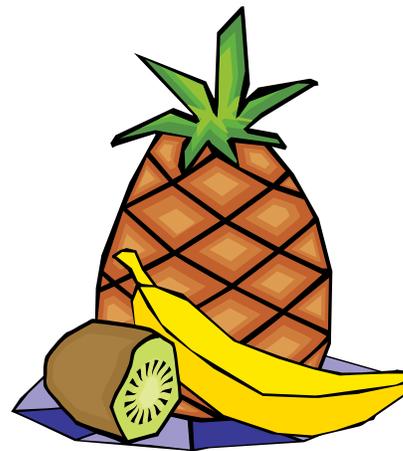
- ❖ Eat vegetables instead of foods high in trans fat and saturated fat (see *Know Your Fats*, page B-11, and *Read the Label!*, page B-17.)
 - Use less cheese and more onions or mushrooms in your omelets.
 - Make sandwiches, wraps, or burritos with lots of lettuce, tomatoes, onions, or other sliced vegetables.
 - Bring cut-up vegetables to work instead of eating vending machine snacks.
- ❖ Steam, fry or sauté vegetables in a small amount of olive, canola, or other vegetable oil. Avoid breading.
- ❖ Buy frozen/canned vegetables or canned beans and peas that have low or reduced salt (sodium). Rinse canned beans and peas that have added salt. Stay away from vegetables with fancy sauces. (See *Spice It Up without Salt*, page B-15, for more tips on avoiding salt.)

**4.**

goal

Eat more fruit—aim for 4 or more servings a day.

- ❖ A serving of fruit makes a tasty snack or dessert. One serving could be 1 small apple or 1/2 cup of sliced strawberries.
- ❖ Buy fruit in season or pick your own: eating more fruit doesn't have to be expensive.
- ❖ Add fruit, like bananas, berries or peaches, to your cereal.
- ❖ Use very ripe fruit to make a blender smoothie (see pages 88–91 and 95 in cookbook for smoothie and other fruit recipes).
- ❖ Whole fruit gives you a bigger size snack than dried fruit—for the same number of calories you can eat 1 cup of grapes but just 1/4 cup of raisins.
- ❖ Eat whole fruit (fresh, frozen, canned) instead of drinking a lot of fruit juice—whole fruit gives you more fiber, which also can help you feel full.

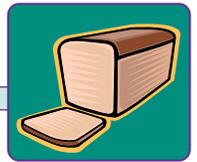
**5.**

goal

Eat whole fruit without added sugar.

- ❖ Avoid canned or frozen fruits with added sugar or syrup (look for canned fruit labeled “in its own juice”).
- ❖ If you do get canned fruit in light or heavy syrup, drain off the syrup and eat the fruit without it.

Bread, Grain, & Cereal Tips



1.

goal

Choose more whole grain breads.

- ❖ Pick whole grain bread instead of white bread—look for whole wheat flour or whole grain as the first ingredient on the food label.
- ❖ Check the label and choose breads with at least two grams of fiber per slice. (See *Fiber—Are You Getting Enough?*, page B-7.)
- ❖ Choose brown breads that feel firm—they are probably made with more whole grain.

2.

goal

Try other whole grain foods.

- ❖ Whole grains are foods like brown rice, oats, and whole wheat pasta.
- ❖ Whole grains are good ways to get fiber and B vitamins.

3.

goal

Eat whole grains for breakfast.

- ❖ Choose whole grain cereals (ready-to-eat or cooked). Cereals like shredded wheat, bran flakes, or old-fashioned oatmeal are high in fiber.
- ❖ Stay away from cereals with lots of added sugar (like frosted flakes) (see *Read the Label!*, page B-17.) Top your cereal with bananas, strawberries, or peaches instead.
- ❖ Munch on whole grain cereals for a healthy snack any time of the day!
- ❖ Avoid instant grits and other cereals with added salt (sodium).

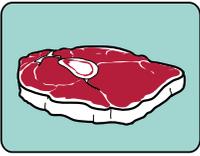


4.

goal

Go easy on biscuits and cornbread.

- ❖ Regular biscuits, cornbread, and croissants are often high in trans fat, saturated fat, and salt (sodium) (see *Know Your Fats*, page B-11, and *Spice It Up without Salt*, page B-15.)
- ❖ See cookbook (pages 67–68 and 73) for biscuit and cornbread recipes with whole wheat flour that have less trans fat and saturated fat.



Red Meat Tips

1.

goal

Cut down on bacon and sausage.

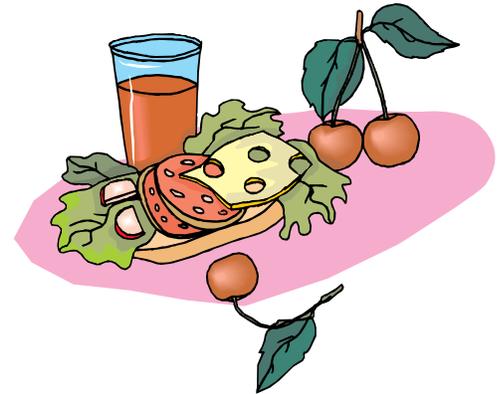
- ❖ Eat smaller amounts.
- ❖ Try having breakfast without meat.
- ❖ Don't add bacon to sandwiches.
- ❖ Try turkey bacon and turkey smoked sausage, but not too often—these are still high in salt (sodium).
- ❖ Use small pieces of lean ham for seasoning or in recipes calling for bacon or sausage.

2.

goal

Pick healthier lunch foods.

- ❖ For sandwiches, try these instead of hot dogs, bologna, salami, or Spam:
 - sliced lean beef, ham, chicken or turkey
 - water-packed canned light tuna (low salt/sodium)
 - low-fat cheese
 - peanut butter and jelly or banana
- ❖ Try these other lunch ideas:
 - healthy leftovers
 - soups (low salt/sodium)
 - salads with oil and vinegar dressing



3.

goal

Cut down on beef or pork high in saturated fat.

- ❖ Trim off extra fat.
- ❖ Buy lean cuts like:
 - Beef: round, sirloin, loin
 - Pork: trimmed pork chops, fresh ham, shoulder, neckbone
- ❖ Make it interesting: mix in vegetables, beans, brown rice, or whole grain pasta.
- ❖ Cook with olive, canola, or other vegetable oils.
- ❖ Keep servings the size of a pack of cards (3 ounces).

4.

goal

Pay attention to how you prepare hamburger.

- ❖ Choose extra lean or lean hamburger—darker red means leaner.
- ❖ Try great-tasting ground turkey, which often has less saturated fat.
- ❖ Grill hamburger patties, or brown the meat and drain off the fat.
- ❖ S-t-r-e-t-c-h your hamburger meat by mixing it with vegetables, beans, brown rice, or whole grain pasta. See cookbook, pages 27–32.
- ❖ Stay away from hamburgers with sauces and lots of cheese.

Poultry & Fish Tips



1.

goal

Eat more chicken and turkey.

- ❖ Bake, broil, or barbecue chicken. (See recipe for crispy baked chicken on page 16 in our cookbook.)
- ❖ Add a little olive oil to keep the meat moist.
- ❖ If you fry chicken, use olive, canola, or other vegetable oils.
- ❖ Eat turkey instead of beef or pork.
- ❖ Try using lean ground turkey or chicken (or lean ham) to season your vegetables.



2.

goal

Choose fish more often.

- ❖ Try baked, broiled or grilled fish. See cookbook, pages 19–25, for tasty ways to cook fish.
- ❖ When frying fish, use olive, canola, or other vegetable oils instead of shortening or lard.
- ❖ Try some of the fish that have healthy fats, like canned light tuna, sardines, herring, canned or fresh salmon, or lake trout.
- ❖ When you eat canned tuna, choose low-salt (low sodium) light tuna packed in water.
- ❖ Some fish contain mercury, which can be harmful if large amounts are eaten. Eat fish with low levels of mercury, such as salmon, catfish, shrimp, and sardines. See *A Healthy Eating Plan for Life*, page B-5 for more facts about mercury in fish.

Bean & Nut Tips



1.

goal

Eat more beans and peas.

- ❖ Eat peas or beans instead of meat (or with a little meat for flavoring). See pages 34–42 in our cookbook for tacos and other bean dishes.
- ❖ Soak beans overnight to shorten the cooking time.
- ❖ Use onions and garlic for seasoning, or season with small pieces of lean meat like ham, turkey, or beef.
- ❖ Make a quick, healthy meal with canned beans. Get the low-salt (low sodium) kind, or drain and rinse canned beans. (See *Cooking for One or On the Run*, page B-25).

2.

goal

Choose nuts and nut butters more often.

- ❖ Nuts (pecans, peanuts, walnuts, almonds, cashews) and nut butters are good sources of healthy fats.
- ❖ Remember that nuts are high in calories—a handful of nuts (1/4 cup) or two tablespoons of nut butter count as one serving.
- ❖ Choose unsalted or lightly salted nuts. Avoid nuts with added sugar, like honey-roasted or chocolate-covered peanuts.
- ❖ A peanut butter sandwich on whole grain bread makes a tasty lunch!



Milk & Dairy Food Tips

1.

goal

Use lower fat milk and yogurt.

- ❖ If you do OK with milk, drink some each day. Work your way down from whole or 2% milk to 1%, 1/2% or skim (nonfat).
- ❖ Buttermilk has no butter—it can also be a healthy choice.
- ❖ Cook with whole milk or 2% milk instead of cream. Then try 1%.
- ❖ Mix whole fruit (sliced banana, strawberries, or peaches) into plain low-fat or nonfat yogurt for a healthy snack.
- ❖ Avoid creamers in coffee. Instead, choose reduced fat milk or try evaporated skim milk for a creamy taste without saturated fat.

2.

goal

Go easy on high fat cheeses.

- ❖ Try sharp cheeses like sharp cheddar or Parmesan—you get more taste with smaller amounts. Slice it thin or grate it.
- ❖ For snacks, cut a small piece of cheese and put the rest away. It's easy to eat too much!
- ❖ Don't add a lot of cheese to meat sandwiches—regular cheese is high in saturated fat and adds extra salt (sodium).
- ❖ Ask for pizza with half the cheese and more vegetables.
- ❖ Go easy on the cream cheese toppings for sandwiches and bagels.
- ❖ Make lasagna and casseroles with cottage cheese or mozzarella. See cookbook, pages 29, 39, and 56.
- ❖ Choose cheeses that are low in salt (low sodium).



Topping, Oil, Seasoning, & Salt Tips



1.

goal

Try different toppings.

- ❖ In recipes that call for sour cream, use buttermilk or plain yogurt instead.
- ❖ On baked potatoes, skip the sour cream and gravy—instead, try plain yogurt or a little butter or trans-fat-free margarine.
- ❖ Plain yogurt makes a great topping for fruit and other desserts.



2.

goal

Use less gravy.

- ❖ Make healthier gravy—pour off the fat, thicken the meat juices, and go easy on the salt. See page 101 in our cookbook.
- ❖ Instead of gravy on your meat, try using tomato, barbecue, Worcestershire or steak sauces—but be careful of sauces high in salt. Try to buy sauces labeled no salt added or low sodium.
- ❖ Use a little trans-fat-free margarine or gravy on brown rice or mashed potatoes.

3.

goal

Choose trans-fat-free margarine.

- ❖ When you use margarine, look for tub or squeeze margarines that say trans-fat-free. (See *Know Your Fats*, page B-11.)
- ❖ Don't use regular stick margarines or shortening, which are high in trans fats.
- ❖ Stay away from lard (high in saturated fat).

4.

goal

Use vegetable oil for frying.

- ❖ Vegetable oils are better for your heart than bacon grease or shortening. (See *Know Your Fats*, page B-11.)
- ❖ When you fry, use vegetable oil—just enough to keep the food from sticking.
- ❖ See cookbook, pages 16 and 19, for crispy oven-fried chicken or fish baked with vegetable oil. See oven fries recipe on page 43.



5.

goal

Get creative when you bake.

- ❖ Use vegetable oil instead of margarine, lard, butter, or shortening for baking. Two teaspoons of oil can replace one tablespoon of hard shortening.
- ❖ For muffins and cakes, replace some of the margarine or butter with buttermilk, applesauce, or pureed prunes (see cookbook, page 10).

6.

goal

Use healthy seasonings for vegetables and salads.

- ❖ Instead of fatback, side meat, or stick margarine, season your vegetables with these:
 - A small amount of lean ham
 - Onions and garlic with vegetable oil
 - Vinegar or lemon juice
 - Low sodium bouillon (see page 44 in the cookbook for “*Fresh Greens, Southern Style*”)
 - Fresh or dried herbs
 - A little trans-fat-free margarine
- ❖ Make your own olive oil and vinegar dressing for tossed salads (see cookbook, page 103)—stay away from bottled dressings with a lot of salt (sodium) and watch out for dressings with high fructose corn syrup or other sugars (see *Read the Label!*, page B-17.)

7.

goal

Go the low salt way.

- ❖ Buy foods that say low or reduced salt (sodium) or no salt added (see other shopping tips in *Spice It Up without Salt*, page B-15.)
- ❖ Eat out less often at restaurants—even healthy restaurant meals often have a lot of salt.
- ❖ Keep the salt shaker away from where you cook and eat.
- ❖ Taste your food first, before salting. You’ll get used to the taste of less salt.
- ❖ Use seasonings like pepper, lemon juice, vinegar, herbs and spices. (See *Spice It Up without Salt*, page B-15 for other cooking tips.) Mix your favorite herbs or spices in a handy shaker.
- ❖ Watch out! Packaged meals with noodles can be high in salt (sodium) and trans fats (see *Read the Label!*, page B-17.)



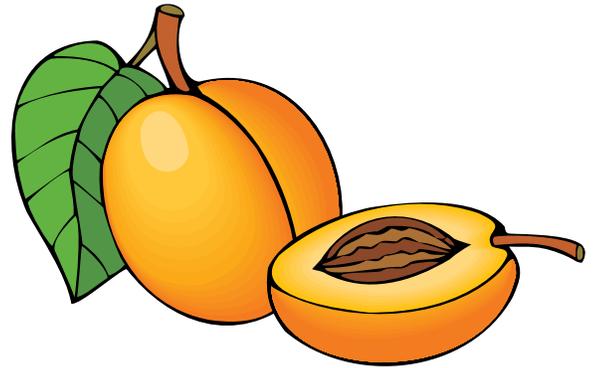


1.

goal

Watch out for sweets.

- ❖ Fill up on healthy foods so that you are not as hungry for sweets.
- ❖ Try fruit for dessert.
- ❖ Save sweets for special occasions (birthdays and holidays), not every day! Try making angel food cake or other desserts (see pages 76–91 in the cookbook).
- ❖ When you do eat sweets, eat small amounts.
- ❖ Stay away from doughnuts, sweet rolls, pies, cakes, cookies, candy bars, milk chocolate, caramel candies, and cream-filled desserts—these are often full of saturated and trans fats as well as sugar and empty calories (see *Read the Label!*, page B-17.)
- ❖ Small amounts of dark chocolate (more than 50% cacao {cocoa} solids) are okay 2–3 times a week. A small amount is 1/2–1 oz. (or 1/4 of a standard-sized candy bar).
- ❖ Stay away from added sugar in other foods when you can. Many processed foods contain high fructose corn syrup—foods like salad dressings, spaghetti sauces, ketchup, baked goods, and even bread.



2.

goal

Choose cold and frozen desserts with care.

- ❖ For a refreshing summer dessert, have a chilled slice of watermelon or a bowl of fresh berries with plain yogurt.
- ❖ Popsicles can be a tasty treat. Be sure store-bought popsicles are made with 100% fruit juice, or make your own! Freeze 100% fruit juice in small cups with popsicle sticks.
- ❖ Try making homemade sherbet or fruit ice. See cookbook, page 91.
- ❖ Eat a small amount of ice milk, sherbet, or frozen yogurt instead of ice cream, but not too often—they still have added sugar and can be high in calories.

3.

goal

Go easy on snack chips and crackers.

- ❖ Snack chips and crackers can be high in trans fats, which are NOT good for you. Check the ingredients list for partially hydrogenated vegetable oil or look for trans fat on the food label (see *Read the Label!*, page B-17).
- ❖ Choose whole grain crackers with no trans fats. (See *Know Your Fats*, page B-11.)
- ❖ Look for snack foods that are unsalted or only lightly salted.
- ❖ Have raw vegetables or fruit, a small handful of nuts, or unbuttered popcorn.

4.

goal

Make good choices when you eat at restaurants.

- ❖ Eat out less often—a lot of restaurant food is unhealthy and costs more.
- ❖ If you eat at fast food places, choose carefully (see *Fast Food Facts*, page B-19.)
- ❖ Choose healthy menu items—for example, grilled or baked red meat, poultry or fish; tossed salads with oil and vinegar dressing; lightly steamed or seasoned vegetables; fruit plates; whole grain breads; and water with a twist of lemon.
- ❖ Stay away from fried foods. Most restaurants use partially hydrogenated vegetable oils (trans fats) for frying.
- ❖ Drink a glass of water before the meal so you are not as hungry. Avoid drinks with lots of sugar (see *Sugar-sweetened Drinks*, page B-9).
- ❖ Order small portions, split an order with a friend, or take leftovers home with you.



Beverage Tips

1.

goal

Choose healthy drinks.

- ❖ Stay away from sodas, bottled fruit drinks, sports drinks, and other sugary beverages—they are full of sugar, which means lots of empty calories!
- ❖ Avoid drinks that list high fructose corn syrup, corn syrup, or corn sweetener on the ingredients list—these sugars are not good for you.
- ❖ Instead of Kool-Aid™ or sweet tea, drink water with a twist of lemon or lime, sparkling water with a splash of 100% fruit juice, or iced tea with lemon (see *Sugar-sweetened Drinks*, page B-9, for other suggestions).
- ❖ Try a little skim milk in your hot or cold tea or coffee instead of sugar.

2.

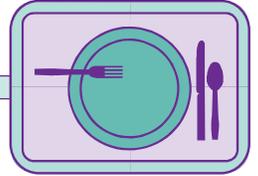
goal

Choose 100% fruit juice, but not too much!

- ❖ Go easy on the fruit juice. Aim for 8 ounces or less each day.
- ❖ Check the label to make sure you drink 100% fruit juice.
- ❖ Choose whole fruit instead of juice whenever possible.



What Makes It Hard to Eat Healthy? (Assessment)



Lots of things make it hard for people to eat healthy. Some situations tempt people to eat more foods that are high in sugar, salt, trans fats, and/or saturated fats, including regular soda, ice cream, cookies, candy, deep-fried foods, chips, and non-lean meats or processed meats.

How tempted would YOU be to eat these foods (that is, foods high in sugar, salt, trans fats, and/or saturated fat) when...

1. You are at a **party, picnic, covered dish dinner, or restaurant.**

Not tempted at all Somewhat tempted Very tempted

2. You are **on the road.**

Not tempted at all Somewhat tempted Very tempted

3. You are **cooking or cleaning up.**

Not tempted at all Somewhat tempted Very tempted

4. You are eating meals or snacks **at work.**

Not tempted at all Somewhat tempted Very tempted

5. You are **stressed out, bored, tired, angry, or depressed.**

Not tempted at all Somewhat tempted Very tempted

6. You see unhealthy foods **around your home** or **available at work**.

Not tempted at all

Somewhat tempted

Very tempted

7. **A friend or family member** offers you one of these foods.

Not tempted at all

Somewhat tempted

Very tempted

8. You want to **reward yourself**.

Not tempted at all

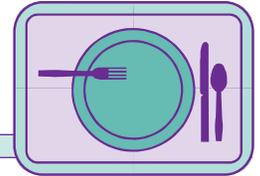
Somewhat tempted

Very tempted

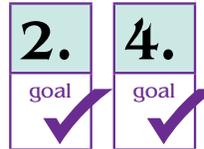
See Hot Tips for Healthy Eating, page A-23.



Hot Tips for Healthy Eating



Check the goals you want to work on for the next contact.

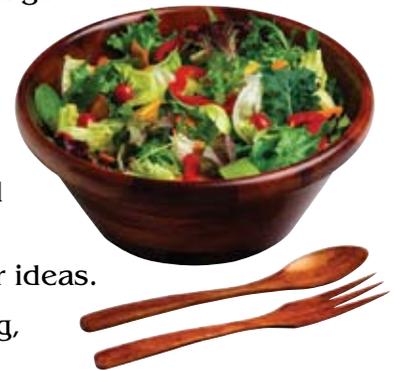


1.

goal

At parties, picnics, covered dish dinners, and restaurants.

- ❖ Plan ahead. Eat a handful of nuts or raw vegetables before you go so you are not as hungry.
- ❖ Check out the food choices first. Decide what and how much you are going to eat before you order or fill your plate.
- ❖ Ask for small portions of foods that are high in saturated fat, and stay away from foods high in trans fats (for example, fried foods and processed baked goods).
- ❖ Bring a healthy covered dish—use the *New Leaf* cookbook for ideas.
- ❖ Take a friend who will help you stick to your new way of eating,
- ❖ If you eat cake or pie, split a small piece with a friend—3 or 4 bites.
- ❖ Check out the tips in *Fast Food Facts* (page B-19) when you eat out at fast food places or other restaurants.



2.

goal

When you're on the road.

- ❖ Pack healthy snacks to bring along—foods like carrots and celery sticks, fruit, or a small handful of nuts.
- ❖ If you stop at fast food places, stay away from foods with trans fat and try to pick items that do not have lots of salt, sugar, and calories. (See *Fast Food Facts*, page B-19.)
- ❖ Chew gum to stay awake instead of snacking.
- ❖ Drink water or unsweetened iced tea or coffee to keep your mind off food.

3.

goal

When you're cooking a meal or cleaning up.

- ❖ If you are hungry, eat a small healthy snack before you start cooking.
- ❖ Chew something like gum or a toothpick while cooking, or drink a glass of water or unsweetened iced tea so you don't nibble.
- ❖ Fix the same food for everyone—you will spend less time in the kitchen.
- ❖ Have someone else help clean up the leftovers—that way you won't be tempted to eat them!



4.

goal

When you're eating meals or snacks at work.

- ❖ Instead of buying snacks at vending machines and snack bars, bring your own healthy snacks from home and keep them handy—a small amount of nuts or fruit are good choices.
- ❖ When a snack bar or vending machine is your only choice, choose fruit, low-fat yogurt, or small amounts of animal crackers or fig bars.
- ❖ If you are bored, get up and stretch or get a drink of water.
- ❖ If your office has a party, try the tips for eating “at parties, picnics, covered dish dinners, and restaurants.”

5.

goal

When you are stressed out, bored, tired, angry, or depressed.

- ❖ Do something else instead of eating, like:
 - Go for a walk
 - Work on a hobby
 - Read a magazine or book
 - Call a friend
 - Play with your kids or grandkids
 - Take a warm bath
- ❖ Keep healthy snacks handy—raw vegetables, fruit, nuts, or popcorn (store it in an airtight container to keep it fresh).
- ❖ If you end up eating unhealthy foods, don't give up. Try again!

6.

goal

When you see unhealthy foods around your home or at work.

- ❖ Out of sight, out of mind! Don't bring unhealthy foods into the house.
- ❖ If you must buy some unhealthy foods for your family, choose foods that don't tempt you. Talk to your family about healthier choices.
- ❖ Keep unhealthy snacks like chips, candy and cookies out of sight.
- ❖ Put tempting foods in containers you can't see through in the refrigerator.
- ❖ Avoid the snack food area at work, especially at day's end when you are tired!

7.

goal

When someone offers you something unhealthy.

- ❖ Learn how to politely refuse. You can say:
 - “No thank you, I just ate.”
 - “I'm trying to watch what I eat.”
 - “Thanks, I'd love a cup of coffee.”
 - “It looks great, but, no thanks.”
- ❖ Ask friends and family members not to offer you unhealthy foods.

**8.**

goal

When you want to reward yourself.

- ❖ Take some time for yourself—go for a walk or spend some time doing something you enjoy.
- ❖ Use the money you would spend on a food reward to buy yourself or a loved one something special, or donate it to a good cause.